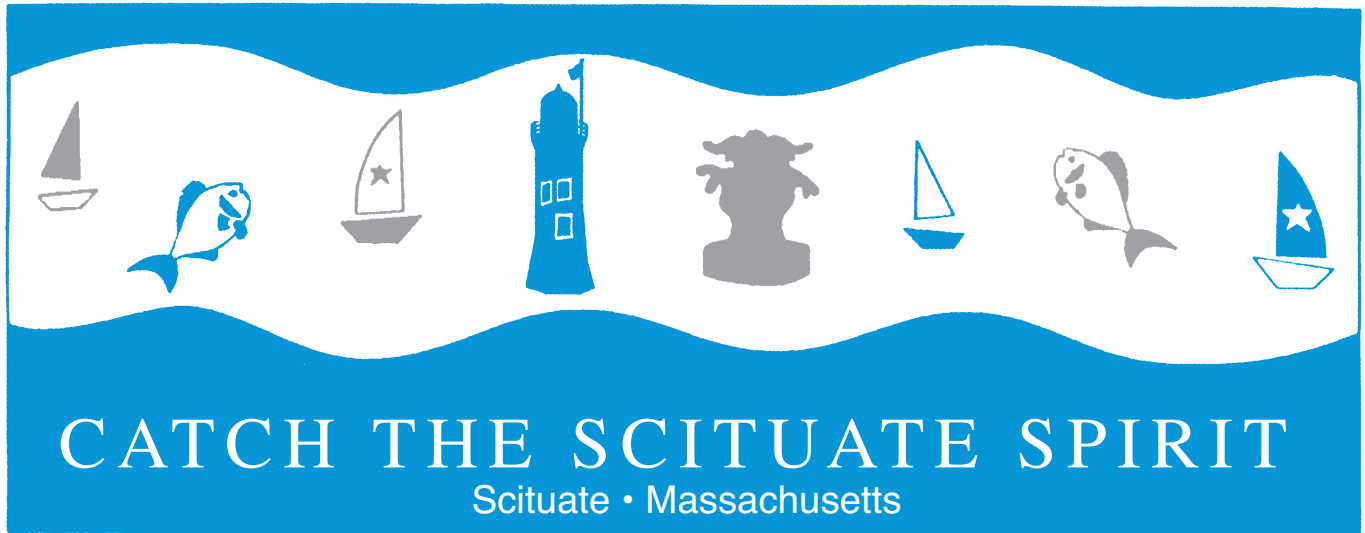


SCITUATE RECREATION

~CATCH THE SCITUATE SPIRIT~

Winter Program 2016



On-Line Registration

www.scituatema.gov/recreation-department

Scituate Recreation Department
Town Hall
600 Chief Justice Cushing Highway
Scituate, MA 02066

Non-Profit Org.
U.S. Postage
PAID
Scituate, MA
Permit No. 56

RESIDENTIAL CUSTOMER
SCITUATE, MASSACHUSETTS
TOWN OF SCITUATE RECREATION DEPARTMENT
'Like Us on Facebook'

MAIL: 600 Chief Justice Cushing Hwy.
Scituate, MA 02066
OFFICE: Scituate High School
(NEXT TO TENNIS COURT)

Monday-Thursday: 8:30 am to 4:30 pm
Friday: 8:30 am to 11:45 am
781-545-8738 (Phone)
781-545-6990 (Fax)

RECREATION STAFF:

Jennifer M. Vitelli, M.B.A., CPRP; Recreation Co-Director
Maura Glancy, Recreation Co-Director
Shawna Burkhardt, Registrar
Paul Sharry, Recreation Clerk & Field Coordinator

RECREATION COMMISSION:

Christopher Roberts, **Chairman**
Jennifer McMellen, Allen Kazlousky, Stephen
Svensen, David Smith
Selectmen Liaison: Shawn Harris and Tony
Vegnani

POLICIES AND PROCEDURES

- **WINTER PROGRAM REGISTRATION WILL OPEN WEDNESDAY DECEMBER 9, 2015 AT 7:00 PM AT WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT**
- **PLEASE TAKE THE TIME TO SET UP YOUR FAMILY ACCOUNT BEFORE PROGRAM REGISTRATION OPENS. THIS WILL SAVE YOU TIME WHEN YOU REGISTER.**
- Should you be unable to register on-line at home, Scituate Recreation will be open to input your registration from 8:30 a.m. to 4:30 p.m.; however, there is no advantage to walking in. Thereafter, the Recreation Department will be able to help with registration concerns during our regularly scheduled hours.
- 1) Mail-in registration for residents will be accepted **starting December 10, 2015** Check or money order should be made payable to Town of Scituate. Include a registration form with your check.
- 2) **When registering for a program, full payment is expected. A minimum deposit of half of total amount is due at the time of registration and any outstanding balance must be paid before the program begins.** If this is a problem, please call and make an appointment to work out a payment plan.
- 3) The Recreation Department reserves the right to consolidate, postpone or cancel a program/trip for any reasonable cause.
- 4) **REFUND POLICY: If notification of withdrawal is 2 weeks prior or more to start of class, a full refund will be issued minus a \$15 processing fee. If notification is less than 2 weeks prior to start of class, a credit will be applied to your account minus \$15 processing fee. Notification for withdrawal must be in writing, emails will be accepted. Once the class has begun, we maintain a NO REFUND policy.**
- 5) All fees are payable in advance to Town of Scituate. A person is registered only when they have registered online or a check or cash and a registration form is received in the Recreation Office.
- 6) No confirmations are sent. Please note all information on your calendar. You may call us to confirm your mail-in or drop-off registrations.
- 7) **Need financial assistance...Just ask!**
- 8) Proper behavior in Recreation programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation programs.
- 9) **Registration for non-residents will begin December 16, 2015 at 9:00 am.** Non -residents may register for programs and be allowed to participate subject to space availability and will be charged an additional \$5.00 registration fee.
- 10) The Town of Scituate Recreation Department does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage.

The Mission of the Scituate Recreation Department is to provide exceptional and creative programs, services and facilities (such as beaches, ball fields and playgrounds) that foster community spirit and involvement while enhancing the quality of life for all people in Scituate.

TABLES OF CONTENTS

PAGE 4

Little People
Beginner's Tumbling w/ Miss Tracey
On Your Toes w/ Miss Tracey

PAGE 5

Little Kickers
Scituate Little Shooters
Olympic Fencing
Olympic Archery
Co-Ed February Break Volleyball Clinic
Babysitting Course

PAGE 6

Home Alone Safety
Guitar Workshops
Young Picasso
Cupid's Kraftime
Star Wars Workshops

PAGE 7

All Stars Karate
All Stars Basketball
Little Shooters
Calls from the North Pole

PAGE 8

Pan Gai Noon Adult + Children/Teen

PAGE 9

Paint & Pour
Magic Class
CPR & First AID
Adult Tennis
Zumba
Exercise Ball Class

PAGE 10

Fitness Class
Pilates
Adult Yoga
Gentle Power Yoga
Restore the Core

PAGE 11

Scituate Stationary Cycling
Men's 35+ Basketball

PAGE 12

Winter Festival

PAGE 13

Summer Employment
Community Service
Field Permits

Don't Let A Good Program Die!

Please Don't Wait Till The Last Minute To Register!



We review our registration numbers for each program 7 days prior to their start date.
If a program does not meet the minimum amount of participants required, it will be cancelled.



Please note that due to the relocation of the Recreation Department in the Spring, our Winter classes have been extended and prices have been adjusted to reflect.

Please email sburkhardt@scituatema.gov with any questions/concerns regarding registration. Thank you

PRE-SCHOOL PROGRAMS

LITTLE PEOPLE: **Little People Room at Scituate Recreation.** The Little People Program has been offered for more than twenty years as an opportunity for friendships to evolve as two and three year old children, along with a parent or caregiver, share in music, dance, arts and crafts, and unstructured play.



Instructors: Kelly Lee, Kelly Arevian & Jen O'Leary. **12 Weeks.**

Fee: \$132.00

MONDAY LITTLE PEOPLE (No class 1/18, 2/15/16)

(1786): January 4 – April 4, 2016 from 9:15 am to 10:30 am

(1787): January 4 – April 4, 2016 from 10:45 am to 12:00 pm

WEDNESDAY LITTLE PEOPLE (No class 2/17)

(1788): January 6 – March 30, 2016

From 9:45 am to 11:00 am

TUESDAY LITTLE PEOPLE (No class 2/16, 3/1)

(1737): January 5 – April 5, 2016 from 9:15 am to 10:30 am

(1736): January 5 – April 5, 2016 from 10:45 am to 12:00 pm

THURSDAY LITTLE PEOPLE (No class 2/18/16)

(1735): January 7-March 31, 2016 from 9:15am to 11:00am

(1734): January 7 – March 31, 2016 from 10:45 am to 12:00 pm

BEGINNERS TUMBLING W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room. This is an **11 week**



tumbling program! Kids will learn basic stretching, drills, mat tumbling, somersaults, back rolls, cartwheels, and bridges. Props included are hula hoops, bean bags, and streamers! **Instructor:** Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB. **Ages 4 to 6 (No class 2/20/16)**

(1742): Saturdays: January 9 – March 26, 2016 from 9:30 am to 10:30 am

Fee: \$124

ON YOUR TOES W/ MISS TRACEY: Scituate Recreation's Multi-Purpose Room. These are **11 week** dance



programs. Clothing suggestions: Leotard, tights, ballet slippers and tap shoes of any color.

Instructor: Tracey O'Brien, certified by Test to Teach. She is a member of DMA and DTCB.

Saturdays: January 9 – March 26, 2016 (No class 2/20/16)

(1743): Age: 2

10:30 am to 11:00 am

Fee: \$68

(1744): Ages: 3-5

11:00 am to 12:00 pm

Fee: \$124

NEW

LITTLE KICKERS: Multi-Purpose Room (Fridays)/ Jenkins School (Saturdays) U.K. Petite and parent and me soccer programs offer young children the perfect introduction to the world's most popular sport! Our unique "games based" approach to teaching soccer provides every child the opportunity to develop motor skills, social skills, coordination and general athletic ability in a stimulating, motivating, educational environment.

(1779): Ages 2-3 Fridays, January – March, 2016 from 9:00am-9:30am (With Parent) Fee: \$52

(1801): Ages 2-3 Fridays, January – March, 2016 from 9:40am-10:10am (With Parent) Fee: \$52

(1780): Ages 3-5 Saturdays, January – March, 2016 from 2:30pm-3:30pm Fee: \$105

(1781): Ages 3-5 Saturdays, January – March, 2016 from 3:30pm-4:30pm Fee: \$105

NEW

SCITUATE LITTLE SHOOTERS: Jenkins School.

A NEW Co-Ed basketball program; this is a fun instructional basketball clinic for boys and girls ages kindergarten-1st grade on Saturdays. Each child will be assigned to a team randomly. They will meet one hour a week. The first 30 minutes will be simple drills, followed by a 30 minute basketball scrimmage. This program is run 100% by volunteers.

Please note: your times on Saturday will vary week to week between 10:30am-2:00pm. The most important goal is for the kids to have fun while learning the great game of basketball.

Parent's participation in coaching is essential to the program. (No coaching experience necessary)

(1731): Saturdays: January 9 – March 5, 2016 from 11:00 am – 12:00pm Fee: \$40

*****Little Shooters is run by volunteers, if your child receives special education services (504, IEP & or DCAP) through Scituate Public Schools facilitated assistance can be coordinated through the generosity of the CORSE Foundation. Please register using the #1733 code. Deadline for accommodation is Monday, December 21, 2015.*

CHILDREN & TEEN PROGRAMS



THE SPORT OF FENCING: Scituate Recreation's Multi-Purpose Room. These courses are offered to boys and girls, **ages 8 and up.** This course is for any person who wants to learn, practice, and improve all aspects of the sport. **Instructor: Jim Mullarkey. 12 weeks. (No Class 2/18/16)**

Thursdays: January 7 - March 31, 2016

(1738): Beginner: 6:00 pm to 7:00 pm

Fee: \$144 per code

(1739): More Advanced: 7:00 pm to 8:00 pm

OLYMPIC ARCHERY: Scituate Recreation's Multi-Purpose Room. Learn Olympic Archery through a fun, safe and nationally recognized program. **Instructor: David McCarthy** and his staff are USAA certified instructors.



6 week sessions. Ages: 8—15 years old. (No Class 2/19/16)

Session one: Fridays: January 8 – February 12, 2016

Fee: \$110 per code

(1789): Beginner Class- 3:30 pm to 4:30 pm

Session two: Fridays: February 26- April 1, 2016

(1792): Beginner Class- 3:30 pm to 4:30 pm

CO-ED VOLLEYBALL FEBRUARY BREAK CLINIC (Grades 4-8): Gates Middle School Gym. Join the newest sport to come to Scituate and get pumped to bump, set and spike! Participants will have fun learning basic volleyball techniques and skills. Sneakers are required. If you have a volleyball, please bring it! **NO EXPERIENCE NECESSARY.**

Coach: Patty Thompson. 3 Days

(1741): Tuesday: Feb. 16th – Thursday Feb. 18th from 9:00 am – 10:30 am Fee: \$55



BABYSITTING COURSE: Little People Room at Scituate Recreation. A three-hour course designed to assist 5th-8th graders in being better babysitters and knowing the do's & don'ts of being home alone. The course will cover information on child development, basic first aid, changing diapers, feeding children, staying home alone safety & the overall responsibilities of babysitting. **Registered Nurse, Melissa Thompson, Instructor.**

(1740): Tuesday, March 1st (SCITUATE SCHOOLS – NO SCHOOL) from 1:00 pm to 4:00 pm Fee: \$25

HOME ALONE SAFETY: St. Lukes, Dutton Hall. This class will prepare kids (4th-6th grade or maturity appropriate) to handle most home alone situations, from an unexpected knock on the door to an emergency 911 phone call. It also covers food/kitchen safety, choking prevention and Heimlich Maneuver, basic first aid, handling emergencies, handling fears, safety to and from school, basic street smarts, self-defense techniques and lots of prevention! **This dynamic and interactive three-hour class is serious business made fun.**

(1799): Saturday, January 16, 2016 from 9:00am-12:00pm

Fee: \$50

GUITAR LESSONS FOR KIDS W/ MATT BROWNE: Little People Room at Scituate Recreation.

A one-hour weekly program that features a complete and comprehensive study of guitar fundamentals, as well as learning the songs you love. All students require a guitar: electric (with working amp) or acoustic and guitar picks.

Fee: \$72 per code

Instructor: Matt Browne. 6 week sessions.

(1745): Session one: Tuesdays: January 5 – February 9, 2016 from 4:30 pm to 5:30 pm

(1793): Session two: Tuesdays: February 23-March 29, 2016 From 4:30pm to 5:30pm



YOUNG PICASSO: Little People Room at Scituate Recreation. The painting party will feature a fun, social class taught by **Heather Martin, owner of The Pour Artist.** Children of all skill levels and ability are encouraged to attend. Heather's step-by-step instructions will help create your child's very own masterpiece that you will cherish forever! The painting is created using non-toxic acrylic paints. Smocks are provided, but painters are encouraged not to wear their Sunday best. For more information visit www.thepourartist.com. **Age appropriate for 7-13 year olds**

(1746): Wednesday, February 3th from 4:30 pm – 6:30 pm

Fee: \$40

CUPID'S KRAFTIME 1-Day Workshop: Little People Room at Scituate Recreation. Come join Dalby Farm owner

Cheryl Bowen-DiTomasso for a 1 day Valentines Workshop! Kids will create their very own valentines and/or decorations for friends & family! All materials & supplies included. GRADES K-6

(1747): Monday, February 1st from 4:00 pm to 6:00 pm

Fee: \$35



STAR WARS DAY!: Multi-Purpose Room. Register for 1 or both workshops! Join the team from Event-FULL!, LLC (www.event-full.net) and use your imagination to bring THE FORCE to Scituate! Each 3-hour program will be centered around everything Star Wars!

Morning Session: Star Wars LEGO - Maybe you will build a Star Wars Space Craft, a Droid Factory, a Jedi Training Arena, etc...the possibilities are endless!!! The LEGOs stay with us, but the experience is yours forever! Every participant will take home a photo of themselves with their LEGO creation in a frame. If your child is attending the morning session please send them with a peanut free lunch. *Limited to 20 participants.*

(1767): LEGO Star Wars, Thursday, February 18th from 10:15 am-1:15 pm

Fee: \$50

Afternoon Session: Star Wars Jedi Training - Are you a Youngling who is interested in becoming a Jedi Student in Training? Kids will enjoy a number of different activities, including creating their own Recycled Droid, taking part in a Lightsaber training session and learning what takes to be a Jedi Knight. Each child will also go home with a framed picture of themselves with R2D2! May the force be with you... Please send your child with a peanut-free snack and drink. If your child is staying for both programs adult supervision will be provided during the break. *Limited to 20 participants.* **Instructors: Diane Benson, M.Ed & Beth Meditz, M.Ed. Ages: 5-10**

(1768): Jedi Training, Thursday, February 18th from 1:30pm- 4:30pm

Fee: \$50

CORSE PROGRAMS

All Stars provides recreation programs for ALL children, those with and without special needs who would prefer a less competitive atmosphere. Our programs are highly motivating within a structured setting to build skills in a particular physical and social activity while having fun! This more relaxed setting, along with a low student to staff ratio (3 to 1), offers the perfect opportunity for children with moderate special needs to participate in community programs alongside their friends and peers. For all CORSE-sponsored programs through Scituate Recreation, each program has a 3:1 (student to staff) ratio, unless otherwise designated. This 3:1 student to staff ratio allows for most children with and without special needs to successfully access our classes independently, if the student can understand directions, be able to request assistance and have basic verbal skills to communicate with peers. If your child needs access to medications, please be aware that there is no nurse on-site. Parents are responsible for assuring the appropriate information is provided to the instructors. Instructors cannot dispense medication or perform testing. All staff, excluding volunteers, are certified in CPR. If there is an emergency, 911 will be called. If a parent/guardian believes that a program is not accessible to their child without reasonable accommodations and wants more information, please contact the Scituate Recreation Department. If you register your child within 10 days of the program start date, your child's start date may be delayed one week to ensure proper staffing and appropriate reasonable accommodations

ALL STARS JIU JITSU: Scituate Recreation's Multi-Purpose Room. Our popular program has now expanded into Jiu Jitsu, which is a more encompassing martial arts program than karate. Program goals are to help children improve balance and coordination; strength, physical and motor skills; self-defense; awareness and attention; and patience and determination. There will also be incorporation of the nationally renowned Gracie Academy Jiu Jitsu Bullyproof curriculum in which the instructor is certified. Students who would enjoy a less formal martial arts curriculum are encouraged to attend. Program is open to children in grades 1-8. **Instructor: Dan Reynolds 11 weeks**
(No Class 2/19/16, 3/25/16)

(1732): Fridays: January 8 – April 1, 2016 from 5:30 pm to 6:30 pm

Fee: \$125

(1802): Fridays: January 8 – April 1, 2016 from 6:30 pm to 7:30 pm



ALL STARS BASKETBALL: Jenkins Gymnasium. Participants will be taught the fundamentals of basketball through basic drills. Skills will be developed on an individual basis and athletes will be challenged to improve on a weekly basis. A non-competitive, well-organized game will be played every week. **8 weeks Coach: TBD**
Saturdays: January 9 – March 5, 2016 (No Class 2/20/16) **Fee: \$80**
(1784): Grades 3 – 8 from 9:30 am-10:30 am

*****LITTLE SHOOTERS for Kindergarten and Grade 1 see page 5 for full description**



CALLS FROM THE NORTH POLE



What could be more special than phone a call from the jolly elf himself!

*On Monday, December 14th, 2015 special long distance calls will be made **between 6:00 p.m. to 6:30 p.m.** from the North Pole directly to your child in Scituate. While there is no charge for this service, a **special information sheet must be filled out and returned to the Recreation Department by Thursday, December 10th, 2015.** The*

*information sheets will be available at the Recreation Department beginning **Monday, November 30th**. Calls will be limited so, pick up your form early. **These calls are most appropriate for children aged 3 to 8.** Only one attempt to reach each child will be made.*



Pan Gai Noon (Half Hard Half Soft) **Adult + Children's KUNG FU & TAI CHI**



The Pan Gai Noon School has been in Scituate for 30 years! Under the direction of Sifu Cole Hawkins. Classical Kung Fu and Karate for the adult and teen (14 and up) to build strength, stamina and energy. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Uechi Ryu Karate and Box Si Lum and Praying Mantis Kung Fu are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome!
There are classes for all ages 6+ boy or girl as well as seniors.

EXECUTIVE KUNG FU FOR ADULT AND TEEN (KARATE): Multi-Purpose Room

Classical Kung Fu for the adult and teen (14 and up) to build strength, stamina and energy. Class ranges from breathing techniques for energy and circulation to core exercises similar to Pilates and Yoga. Traditional Karate and Kung Fu moves are combined with 'cardio boot camp' and equipment training for total fitness. Self-defense and personalized training you can practice at home. All levels welcome! **12 weeks. (No class 2/17/16)**

(1748): Wednesdays: January 6 – March 30, 2016 from 6:00 pm - 7:30 pm

Fee: \$138

TAI CHI – INTERNAL ARTS: Multi-Purpose Room

This class is recommended for the man or woman looking for more internal training with soft movements. Class involves breathing techniques for energy and circulation called Chi Kung (with gentle stretching). This class offers Tai Chi training from beginner to advanced, in the traditional Yang style with endless benefits over time. Progression helps with relaxation, circulation health, body balancing and posture. These soft and gentle movements are practiced by millions of people around the world in parks and places of peace. Tai Chi is beneficial for your mind, body, and spirit.

12 weeks. (No class 2/16/16)

(1749): Tuesdays: January 5 – March 29, 2016 from 6:00 pm - 7:30 pm

Fee: \$186

CHILDRENS KUNG FU 6-9 YEAR OLDS I: Multi-Purpose Room

For the beginning student, this is a fun, structured introduction to the formal training of Kung Fu/Karate. Great for development of self-esteem, balance, physical fitness and basic self-defense skills. Class includes stretching, cardio exercise and Kung Fu instructional periods. **11 weeks (No class 1/18, 2/15/16)**

(1750): Mondays: January 4 – March 28, 2016 from 4:50 pm - 5:50 pm

Fee: \$97

CHILDRENS KUNG FU 6-9 YEAR OLDS II: Multi-Purpose Room

Boys and girls will learn how to defend themselves and build their confidence with respect to others. Whether you're a new student or taking a repeat class they will have fun with our Kung Fu/Karate practices and fun games!

Instructor: Cole Hawkins. 12 weeks. (No class 2/16/16)

(1751): Tuesdays: January 5 – March 29, 2016 from 4:50 pm – 5:50 pm

Fee: \$106

JUNIORS KUNG FU 10-13 YEAR OLDS: Multi-Purpose Room

Mixed martial arts, age appropriate. Following traditional Kung Fu/Karate. Incorporating sparring, grappling, MMA techniques, obstacle courses, & fun games. **Instructor: Cole Hawkins 12 weeks. (No Class 2/17/16)**

(1752): Wednesdays: January 6 – March 30, 2016 from 4:50pm - 5:50 pm

Fee: \$106

ADULT PROGRAMS

PAINT & POUR! The Pub at Widow's Walk. The painting party will feature a fun, social class taught by **Heather Martin, owner of The Pour Artist.** People of all skill levels are encouraged to attend; no art experience is necessary. You will follow Heather's step-by-step instructions to create your own 16" X 20" masterpiece. All supplies and smocks are provided. For more information visit www.thepourartist.com. Please look to page 11 to view the paintings you will be creating. **FOOD & BEVERAGES WILL BE AVAILABLE TO PURCHASE AT THE RESTAURANT.**

(1753): Thursday, January 21, 2016 from 6:30 pm to 9:00 pm

Fee: \$40 per code

(1754): Thursday, March 10, 2016 from 6:30 pm to 9:00 pm

NEW

MAGIC FOR BEGINNERS: WPA Building in North Scituate. This Adult course is designed for those at the beginner's level who want to learn magic to entertain themselves, their family, relatives, or friends. In this course students will learn some self-working tricks and some basic sleight of hand tricks using everyday objects—cards, paper clips, handkerchiefs, rope, string and coins and dollars. Also, magic history and presentation techniques **5 weeks. Instructor: Kevin Butler (No Class 1/18/16)**

Fee: \$50

(1766): Mondays, January 4th – February 8th from 6:30pm-7:30pm

SAFETY PROGRAMS

AMERICAN HEART ASSOCIATION HEALTHCARE PROVIDER CPR/A.E.D.

Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.

(1796): Thursday, January 14, 2016 at 7:00 pm



Fee: \$65

AMERICAN HEART ASSOCIATION HEARTSAVER CPR/A.E.D.

Scituate Fire Station, 149 First Parrish Rd. Instructor: Mark Donovan.

(1797): Thursday, March 10, 2016 at 7:00 pm

Fee: \$65

FIRST AID: Scituate Fire Station on 149 First Parrish Rd. Instructor: Mark Donovan

(1798): Thursday, February 11, 2016 at 7:00 pm

Fee: \$65



ADULT FITNESS

ALL LEVELS OF FITNESS AND ABILITY ARE WELCOME!

ADULT TENNIS: Scituate Racquet and Fitness Club. During this tennis session you will learn forehand and backhand ground strokes and volleys. You will learn how to serve, positioning for singles and doubles play. **12 weeks (No class 2/19/16)**

(1755): Fridays: January 8 – April 1, 2016 from 12:00 pm - 1:00 pm

Fee: \$144



ZUMBA: Monday: Scituate Recreation's Multi-Purpose Room. The latest rage in fitness and weight loss! Zumba fuses Latin rhythms and easy to follow moves to create a dynamic workout. ***Mondays only include 1 hour of Zumba and 15 minutes of Zumba toning w/ light weights. Certified Zumba Instructor: Sandy Guyette. 11 weeks. (No class 1/18, 2/15, 2/18/16)**



(1756): In the MPR, Mondays: January 4– March 28, 2016 from 6:30 pm to 7:45 pm Fee: \$73

EXERCISE BALL WORKOUT WITH WEIGHTS: Scituate Recreation's Multi-Purpose Room. Tone your body, strengthen your core muscles, increase your flexibility, and improve your coordination through this stability workout on your exercise ball. Hand weights will also be used to enhance your workout.



Instructor: Sarah Lannon. 11 weeks. (No class 1/10/16)

(1794): Thursdays: January 7 – March 17, 2016 from 8:45 am - 9:45 am

(1759): Sundays: January 3 - March 20, 2016 from 8:00 am - 9:00 am

Fee: \$72 per code



FITNESS CLASS: Scituate Recreation Multi-Purpose Room. All levels of fitness are welcome! Awesome full body workouts using your body weight, dumbbells, kettlebells and more! Sculpt strong lean muscles and get a cardio workout all in one. Workouts are modified to each individual. Spend an hour and get in awesome shape having fun doing it! **ABSOLUTELY NO RUNNING IN THIS PROGRAM. 12 Weeks. (No class 2/16, 2/17, 2/18/16)**

Instructor: Kim Venti

Fee: \$72 per code

(1778): Tuesday Mornings: January 5 – March 29, 2016 from 6:00 am - 7:00 am

(1783): Wednesday Mornings: January 6- March 30, 2016 from 9:00am-10:00am

(1782): Thursday Mornings: January 7 – March 31, 2016 from 6:00 am - 7:00 am

PILATES: St. Luke's, Dutton Hall. Pilates uses a balanced approach of mat exercises that focuses on your core muscles while utilizing every muscle in your body. You will gain strength and flexibility, improve your posture, engage your mind, reduce your stress, and create long, lean muscles without bulking up. Please bring a mat.

7 weeks (No class 1/13, 2/17/16) Instructor: Jane McGovern, Pilates Method Alliance- Certified Pilates Teacher.

(1762): Wednesdays: January 6 – March 2, 2016 from 7:00 pm - 8:00 pm

Fee: \$50

ADULT YOGA: St. Luke's, Dutton Hall. Come join us for an hour of gentle stretching, mindful movement, and guided relaxation. Relieve stress, gain flexibility, strengthen muscles, and foster your mind body connection during this fun and easeful class. Bring your yoga mat. **Instructor: Gita Brown, MM, MT-BC, see gitabrown.com for more information about your teacher. 11 Weeks.**

(No Class 1/28, 2/18/16)

(1729): Thursdays: January 7th – March 31, 2016 from 9:00 am - 10:00 am

Fee: \$90



GENTLE POWER YOGA: St. Luke's, Dutton Hall. (Tuesday)/ WPA Building (Thursdays). This class will incorporate breath work with strengthening movement and bring awareness to individual abilities. You will gain strength and flexibility while finding your inner power and strength through instruction, suggestion and demonstration.

Instructor: Leslie Payne, CYT. 11/12 weeks. (No class 2/16, 2/18/16)

(1761): Tuesday mornings: January 5 – March 22, 2016 from 8:15 am - 9:15 am

Fee: \$90

(1760): Thursday evenings: January 7 – March 31, 2016 from 7:00 pm - 8:00 pm

Fee: \$98

RESTORE THE CORE: St. Luke's, Dutton Hall. This progressive mat class focuses on form and function, restoring the strength of the abdominal wall, postural muscles and pelvic floor using one's own body weight and resistance equipment. This class is appropriate for every fitness level and men and women of all ages. Modifications are cued for every exercise. Please bring yoga mat and water to class. **11/12 weeks. (No class 1/18, 2/15, 2/16, 2/19/16) Instructor:**

Denyce Holley, AFAA Certified

(1763) Mondays: January 4 – March 28, 2016 from 7:00 pm - 8:00 pm

Fee: \$67

(1764): Tuesdays: January 5 – March 29, 2016 from 9:30 am - 10:30 am

Fee: \$73

(1765): Fridays: January 8 – April 1, 2016 from 8:45 am – 9:45 am

Fee: \$73

PAINT & POUR



January 21st



March 10th

SCITUATE STATIONARY CYCLING

Scituate Recreation's Multi-Purpose Room at Scituate High School.

Get in shape the FAST and AFFORDABLE way! Our cycling program offers the best, certified instructors on state of the art Schwinn cycles accompanied by motivating music. Stationary cycling is a unique program emphasizing individual needs, regardless of age or fitness ability. We have the best prices in town! *(We DO meet holidays and vacation week)*



Instructors: Maggie Cadigan, Sarah Lannon,



CRANK OF DAWN (13 weeks) Fee: \$110 per code

(1769): Monday 1/4– 3/28/16, 5:45 am to 6:45 am: Maggie

(1770): Tuesday 1/5 – 3/29/16, 5:45 am to 6:45 am: Maggie

SPIN (13 weeks) Fee: \$110

(1795): Wednesdays 1/6 – 3/30/16, 8:45 am to 9:45 am: Maggie

SCITUATE CYCLESTRONG (13 weeks) Fee: \$110

(1772): Fridays 1/8 – 4/1/16, 8:45 am to 9:45 am: Maggie

THE ULTIMATE MIX OF CYCLE AND BALL CLASS (10 Weeks) Fee: \$102 (No Class 1/11/16)

(1773): Monday 1/4– 3/14/16, 9:00 am to 10:00 am: Sarah

BEGINNER CYCLE CLASS (10 Weeks) Fee: \$80 (No Class 1/11/16)

(1774): Monday 1/4– 3/14/16, 5:30 pm to 6:15 pm: Sarah

INTERVAL CYCLING (10/11 Weeks) (No Class 1/11/16)

(1775): Monday 1/4– 3/14/16, 6:30 pm to 7:30 pm: Sarah Fee: \$102

(1776): Wednesdays 1/6 – 3/16/16, 6:30 pm to 7:30 pm: Sarah Fee: \$110

THE ZONE (12 weeks) Fee: \$102

(1777): Saturday 1/9 – 3/26/16, 8:00 am to 9:00 am: Alternates

MEN'S OVER 35 BASKETBALL: Gates Middle School Gym. Tuesday and Thursday nights, schedule

| | | | |
|------------------|--|---|--|
| <u>Tuesdays</u> | <u>12/01/15 - 3/08/16</u> 7:30 pm - 9:00 pm | <u>3/15/16 - 5/17/16</u> 7:00 pm - 9:00 pm | Please note: This program follows the school calendar and does not run during school vacations, holidays or on snow days. MEN'S BBALL CHECKS PLEASE WRITE OUT TO FRIENDS OF SCITUATE RECREATION: FEE: \$100 |
| <u>Thursdays</u> | <u>12/03/15 - 3/10/16</u> 7:30 pm - 9:00 pm | <u>3/17/16 - 5/19/16</u> 7:00 pm - 9:00 pm | |





WINTER FESTIVAL



*COMING THIS
FEBRUARY
SATURDAY THE 6th
STAY TUNED!*

Don't Miss Out!

Sign up at the Town's website <http://www.scituatema.gov/> for municipal updates, including recreation announcements.

SUMMER EMPLOYMENT

We will be accepting summer employment applications from Thursday January 7, 2016 through Thursday, March 10, 2016.

Interviews will be scheduled for April.

Jobs include lifeguards, recreation counselors and sailing instructors.

Applications are available in the office and

On-line at <http://www.scituatema.gov/>

COMMUNITY SERVICE APPLICATIONS

Are you entering into High School next year and looking to get a jump on your required community service hours?

Or are you already in High School and have not started your community service hours? If so, stop by the Recreation Department and pick up a community service application. The Recreation Department has many fun opportunities for you to give back to our community. An informational session will be held on Community Service Opportunities with the Recreation Department. Interviews for Community Service Applicants will be held the first week in May.

PLAN AHEAD:

***Due to the high volume of late applicants last summer, applications
Deadline will be Thursday, March 24, 2016***

FIELD, BASKETBALL COURT, IN-LINE SKATING RINK OR BANDSTAND PERMITS:

If you are interested in using a Town playing field, basketball court, the PJ In-line Skating Rink or the Morrill Bandstand in Cole Parkway permits must be obtained through Scituate Recreation.

Applications are available in the office or online at <http://www.scituatema.gov/>

For more information please contact Paul Sharry at psharry@scituatema.gov

PLEASE CUT OUT AND SAVE!
Activities Sponsored by Other Organizations
These are independent organizations & not under Scituate Recreation

| | |
|--|--|
| Scituate Adult Evening School | <u>781-545-8750</u> |
| Scituate Community Christmas | <u>www.scituatecommunitychristmas.com</u> |
| Scituate Chamber of Commerce | <u>www.scituatechamber.org</u> |
| Scituate Knights of Columbus | <u>www.kofc.org</u> |
| Scituate Little League | <u>www.scituatelittleleague.org</u> |
| Scituate Lacrosse | <u>www.scituatelacrosse.com</u> |
| Scituate Soccer Club | <u>www.scituatesoccer.com</u> |
| Scituate Traveling Softball | <u>www.scituatetravelsoftball.com</u> |
| Scituate Youth Football | <u>www.scicohfootball.com</u> |
| Scituate Youth Cheerleading | <u>www.scicohfootball.com</u> |
| Scituate Youth Travel Basketball | <u>www.scituatebasketball.org</u> |
| Scituate Youth Center | <u>www.scituateyouthcenter.com</u> or <u>781-545-6400</u> |
| South Shore Senior Softball League | <u>ssssl.net</u> |
| South Shore Seahawks | <u>www.southshoreseahawks.org</u> |
| Scituate C.O.R.S.E. Foundation (Community of Resources for Special Education) | <u>www.corsefoundation.org</u> |
| Scituate F.A.C.T.S. (Families, Adolescents and Communities Together against Substances) | <u>http://scituatefacts.org/</u> |

***WINTER PROGRAM REGISTRATION WILL OPEN
WEDNESDAY, DECEMBER 9th, 2015 at 7:00 PM
WWW.SCITUATEMA.GOV/RECREATION-DEPARTMENT***

SCITUATE RECREATION REGISTRATION FORM
(One per person)

A separate form is required for each participant. Please complete this form in full, including **ALL** requested information.
PLEASE PRINT CLEARLY

Participant Name: _____

Date of Birth: _____ **Age** _____ **Grade** _____
(*Entering in Fall 2015*)

Street Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Work Phone:** _____

Cell Phone: _____ **Email Address:** _____

IMPORTANT! In an emergency situation, the above numbers will be called. Please provide additional Emergency Contact Information below in case we are unable to reach anyone at the above numbers.

Name: _____ **Relationship:** _____

Phone: _____ **different than those provided above!*

Medical Conditions (allergies, etc.): _____

Insurance Company Name: _____ **Policy #:** _____

| *PROGRAM CODE | PROGRAM NAME | START DATE | FEE |
|--------------------------|-------------------------|-----------------------|------------|
| _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | \$ _____ |
| _____ | _____ | _____ | \$ _____ |

Non Resident Fee - \$5.00/program \$ _____

***CHECKS PAYABLE TO
THE TOWN OF SCITUATE**

GRAND TOTAL: \$ _____

PLEASE CONTINUE TO OTHER SIDE
RELEASE MUST BE FILLED OUT AND SIGNED TO PARTICIPATE
THANK YOU!

PARENTAL CONSENT, RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF UNDER 18 PARENT MUST FILL OUT)

I/We, the undersigned father, mother or guardian (circle or insert legal relationship to student, e.g., "parent," "guardian") of _____ (insert name of student) ("my child"), a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town/ and /or Public Schools of Scituate (hereinafter "the Town").

I/We also agree to forever RELEASE the Town, a municipal corporation of the Commonwealth of Massachusetts, and/or the Public Schools of _____, the School Committee, and all their employees, officers, agents, board members, volunteers, Friends of Scituate Recreation, Inc., CORSE Foundation and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town ("the Releases") from any and all claims, actions, rights of action, and causes of action, damages, costs, loss of services, expenses, compensation and attorneys' fees that may have arisen in the past, or may arise in the future directly or indirectly, from known and unknown personal injuries to my child or property damage resulting from my child's participation in the said Town and/or Public School's voluntary athletic or recreation programs which I/we may now or hereafter have as the parent(s) or guardian(s) of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise, to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorneys' fees, arising from personal injuries to my child or property damage resulting from my child's participation in the Town and/or Public Schools of _____ voluntary athletic or recreation programs or administration of first aid.

I/We further affirm that I/we have read this Parental Consent, Release from Liability and Indemnity Agreement, and that I/we understand the contents of this Agreement. I/We understand that my child's participation in these programs is voluntary and that my child and I/we are free to choose not to participate in said programs. By signing this Agreement, I/we affirm that I/we have decided to allow my child to participate in the Town and/or Public Schools' athletic or recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I/we may suffer in voluntary Town and/or Public School athletic or recreation programs. Permission is granted for any emergency medical treatment needed.

I understand and affirm that by registering my child for a Recreation program, I grant permission for SPS, Scituate Recreation and CORSE to use photographs of my child in CORSE, SPS and/or Scituate Recreation publications, materials and websites. If there is a need to avoid photos of your child, you must contact sburkhardt@scituatema.gov and put your request in writing. Every effort will be made to avoid photos in regards to this request, but it cannot be guaranteed.

Signature of Parent(s) or Guardian(s): _____

Of Student/Participant Name (Printed): _____

Date: _____

RELEASE FROM LIABILITY AND INDEMNITY AGREEMENT

(IF OVER 18 MUST FILL OUT)

I, _____, in consideration of my being allowed participate in _____, do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Scituate ("Town"), a municipal corporation of the Commonwealth of Massachusetts and the Friends of Scituate Recreation, Inc., CORSE Foundation and its successors, departments, officers, employees, servants, volunteers, attorneys and agents, of and from any and all actions, cause of action, claims, demands, costs, loss of services, expenses and compensation on account of or in any way arising out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have or may acquire, resulting or to result from said participation in the aforementioned activities. Furthermore, I hereby agree to protect the Town and its successors, departments, officers, employees, servants, volunteers, attorneys and agents against any claim for damages, compensation or otherwise arising out of or resulting from any injury to any party in connection with said participation in the aforementioned activities and to INDEMNIFY, reimburse or make good to the Town or its successors, departments, officers, employees, servants, volunteers, and agents any loss or damage or costs, including attorneys' fees, which the Town or its representatives may have to pay if any litigation arises from said participation in the aforementioned activities. Permission is granted for any emergency medical treatment needed.

Witness Signature: _____

Participant Signature: _____

Date: _____

THIS FORM MAY NOT BE ALTERED